

ALP – DAPE Syllabus for the school year 2010 2011

09/07 - 09/24 INDOOR FOOTBALL:

SKILL DEVELOPMENT:

Eye -hand coordination, eye foot coordination, endurance, object control skills, speed, body control.

SOCIAL DEVELOPMENT:

Team work, running set plays, following directions, following game rules, refereeing themselves, following the individual behavior goals found on their individual point sheets. Lifetime Rec/Leisure game

09/27 - 10/15 INDOOR SOCCER:

SKILL DEVELOPMENT:

Eye - foot coordination, object control skills, endurance

SOCIAL DEVELOPMENT:

Teamwork, following directions, following game rules, following the individual behavior goals found on their individual point sheets. Lifetime Rec/Leisure game

10/18 - 11/05 PADDLEBALL:

SKILL DEVELOPMENT:

Eye -Hand coordination, Reaction time, spatial relationships of boundaries, geometric angles.

SOCIAL DEVELOPMENT:

Sportsmanship, Following Directions, following game rules, keeping score, following the individual behavior goals found on their individual point sheets. Lifetime Rec/Leisure game

11/08 - 11/23 FLOOR HOCKEY:

SKILL DEVELOPMENT: Eye/hand coordination by using the skills of passing and shooting a plastic puck or hockey ball to a team mate, goal or target. Cardiovascular strength.

SOCIAL DEVELOPMENT: Teamwork, sportsmanship, following game rules, and behavioral goals found on the individual students point sheets.

12/01 - 12/17 VOLLEYBALL:

Skill Development:

Eye/hand coordination, Vertical leaping ability, Body spatial awareness.

Social Development:

Sportsmanship, teamwork, cooperation, being appropriate in a large group. Following behavioral goals found on the individual students point sheets. Lifetime Rec/Leisure game.

12/20 - 12/23 FOREVER FIT ASSESSMENT

Assessment of gross motor and physical fitness skills.

01/03 - 01/21 BASKETBALL:

SKILL DEVELOPMENT:

Eye/hand coordination, endurance, fitness, leg strength, overall coordination.

SOCIAL DEVELOPMENT:

Sportsmanship, teamwork. Learning new games that involve basketball skills that can be played by one person or small groups with limited space. Following behavioral goals found on the individual students point sheets. Lifetime Rec/Leisure games.

01/24 - 02/11 WHIFFLEBALL:

SKILL DEVELOPMENT:

Eye/hand coordination, mature throwing motion, catching and hitting a moving object.

SOCIAL DEVELOPMENT:

Teamwork, sportsmanship, responsible for keeping track of score, runs outs and general rules. Following behavioral goals found on the individual students point sheets.

02/14 - 03/04 TEAM HANDBALL:

SKILL DEVELOPMENT:

Eye/hand coordination, agility, cardiovascular development

SOCIAL DEVELOPMENT:

Sportsmanship, team work, learning a new activity. Following behavioral goals found on the individual students point sheets.

03/07 - 04/01 RECREATIONAL GAMES:

SKILL DEVELOPMENT: The learner will develop and experience lifetime recreational activities. The will learn rules and techniques needed to be successful in the activities and hopefully have fun doing it.

SOCIAL DEVELOPMENT: The learner will learn new activities, cooperate with partners and rotate to different activities with a minimal of disruption or down time. Following behavioral goals found on the individual students point sheets. Lifetime Rec/Leisure games.

04/05 - 04/21 BADMINTON:

SKILL DEVELOPMENT: Eye -hand coordination, reaction time, and spatial relationship of partners and boundaries.

SOCIAL DEVELOPMENT: Teamwork, sportsmanship, following game rules, responsible for score keeping. Following behavioral goals found on the individual students point sheets. Lifetime Rec/Leisure games.

04/25 - 05/13 LACROSSE:

SKILL DEVELOPMENT: Eye/hand coordination, Fitness

SOCIAL DEVELOPMENT: Team work, learning a different activity. Following behavioral goals found on the individual students point sheets.

05/16 - 06/03 To Be Determined (COMBINED CLASSES?)

In the past it has included Volleyball, Kickball or pervious activity voted on by the class.

06/06 -06/10 CATCH UP DAYS:

Activities voted on by the class that involves skills from previous units.

National Physical Education Standards Followed in all Lessons:

Standard 1) Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2) Demonstrates understanding of movement concepts, principle's, strategies and tactics as they apply to learning and performance of physical activities.

Standard 3) Participates regularly in physical activity.

Standard 4) Achieves and maintains a health-enhancing level of physical fitness.

Standard 5) Exhibits responsible personal and social behaviors and respect self and others in physical activity.

Standard 6) Values physical activity for health, enjoyment, challenge, self-expression, and /or social interaction.